

# Over to you

Last issue, our report on the rise in preventative mastectomies drew a passionate response.

## UNDERSTANDING THE FEAR

I have just read 'The Shocking Truth: Unnecessary Mastectomies (Feb/Mar). Unless surgeons and doctors have actually had cancer, they cannot possibly understand what a cancer diagnosis can do to a person's mental health. As a survivor, my mental health has been compromised by looking over my shoulder for five years through dozens of false alarm scans of my remaining breast and I will be more than happy to trade my ticking time bomb for some peace of mind. Not a single one of my pink sisters who made the decision to have a CPM [preventative removal of a healthy breast] have regretted it for one minute. Perhaps you could represent our side of the story in a later edition to give some balance to the issue

Lisa Kelly, via website

## KNOWLEDGE IS GOOD

Loving the myth-busting story on breast cancer, it is great to see some informative updates to better apprise the public.

Judi Adams, Tas

Winner!

Our last issue was filled with the latest news to help you make your health decisions.

## RETHINK YOUR DRINK

Thank you for answering my query about your article on alternative milks (April/May). You recommended SO Good soy milk, but the photo showed Vitasoy. I'm now clear on which to choose. PS: I just love your magazine and I've recommended it to many of my friends.

Julia Rennick via email

Ed's note: Our dietitian suggests So Good Soy Milk Lite. The image was in error as Vitasoy Protein Plus has a higher sat fat content.

## WRITE IN FOR YOUR CHANCE TO WIN...

### One of two Koala Eco Cleaning Packs worth \$162.50 each!

Tell us what you think about this issue of *Prevention* and the two best letters published next month will win this great prize. Koala Eco's 100 per cent natural, non-toxic, plant-based and biodegradable products use the strength and scents of the Australian bushland and contain no artificial fragrances, colours or harsh chemicals. Visit [koala.eco](http://koala.eco) for more.

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ILLUSTRATION: YULIA BRODSKAYA



### MOST POPULAR INSTAGRAM PIC

This post was loved by all! It's a simple but important message that we have control over our happiness.

*Happiness is an inside job.*

### FAVOURITE FACEBOOK POST

This woman's inspirational story about how she turned her health around hit the spot. Now it's our turn!



### PINTEREST

The health of our vagina is often a no-go topic but not for us – and you were clearly interested in the six steps needed to keep it healthy.



### TOP TWEET

This tempting twist on a pavlova was popular: it has less refined sugar but is still a sweet addition to any dinner party or family feast.

